



# RHYTHM RTHM

## WIRELESS PULSE MONITOR For iPhone, iPad, iPod touch and Android

### USER GUIDE

#### PARTS INCLUDED

- (1) RHYTHM unit
- (1) Charging cable
- (2) Armbands (small & large)
- (1) Quick-start guide



#### WORKS WITH:

- iPhone 5, 4S, 4 and 3GS
- iPad 3rd and 2nd generation, iPad
- iPod touch 5th, 4th and 3rd generation
- (iOS 5.1 or higher required)



### IMPORTANT

- Please refer to the following video links for more information:  
For iOS devices - <http://www.scosche.com/rhythmvideo>  
For Android devices - <http://www.scosche.com/mytrekandroidvideo>
- DISCLAIMER:** This is not a medical device and is intended for recreational use only. Consult a physician prior to use to determine appropriate heart rate zones.

### HEALTH WARNING

This is not a medical device and is intended for recreational use only. No claims are made or implied in the results obtained by the use of our equipment. Consult a physician prior to undertaking any physical activity with the SCOSCHE® RHYTHM. Do not rush into an advanced workout with the SCOSCHE® RHYTHM unless you have significant exercise experience and no history of medical illness due to exertion or other fitness related health problems.

This device, the SCOSCHE® RHYTHM wireless pulse monitor, and other SCOSCHE® accessories are consumer devices, not medical devices, and could suffer interference from external electrical sources. The pulse readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.

### BATTERY WARNINGS

This product contains a rechargeable lithium-ion battery that should only be removed and replaced by a professional. Battery can explode or leak and cause injury if removed by the user and crushed, installed backwards or exposed to excessive heat. Keep out of reach of children and dispose of properly. If swallowed promptly contact a doctor and call your local poison control center.

### DISCLAIMER

Scosche Industries shall not be liable for any incidental or consequential damages resulting from the performance or use of this product.

In the interest of continued product improvement, this company reserves the right to revise the manual or include changes in the specifications of the product described within it at any time without notice and without obligation to notify any person of such revision or changes. The information contained in this manual is provided for general use by the customers.

Do not attempt to remove the sensor from the actual device. This can cause damage that may render the SCOSCHE® RHYTHM unit inoperable.

## IMPORTANT!

**DO NOT RETURN PRODUCT TO THE RETAILER**

IF YOU NEED ASSISTANCE OR REPLACEMENT PARTS

CALL US TOLL FREE: 1-800-621-3695 X3

HOURS MON-FRI 8AM-5:30PM (PST) SATURDAY 8AM-2PM (PST)

### RHYTHM DEVICE OVERVIEW

#### HOW SCOSCHE® RHYTHM WORKS

Blood is constantly moving through the human body and consequently the amount of blood under the skin at any given point is constantly changing. The main forces of blood movement are the heart pumping and physical body movements. SCOSCHE® RHYTHM armband detects blood movement by shining light onto the skin and measuring the amount of light that is absorbed by the skin. In addition RHYTHM uses an accelerometer similar to what is used in popular gaming controllers to detect body movement and then subtracts the movement from the light measurement. All of the data collected from this process is sent to the user's iPhone or iPod touch for further filtering and signal processing. The final output is displayed on the iPhone or iPod touch as the user's pulse.

#### SENSOR ACCURACY

Testing within Scosche Industries has shown the average pulse to be within +/- 3% of a chest strap.

#### SPECIFICATIONS

Armband sizes & weight:

Small: 10" / .25 oz.; Large: 16" / .40 oz.

Sensor size & weight: 2.17"W x 1.92"H x .58"D / .70 oz.

Weight with Small Armband: 1.0 oz.

Weight with Large Armband: 1.10 oz.

Charging Cable: 39.5"

Charging Time: 2 hours

Battery type: Lithium-Ion

Battery life: 6 Hours

Waterproof: International Protection Rating IP67

Operating temperature: 0°C to +45°C / 30°F to 113°F

Storage temp: -20°C to +60°C / -4°F to 140°F

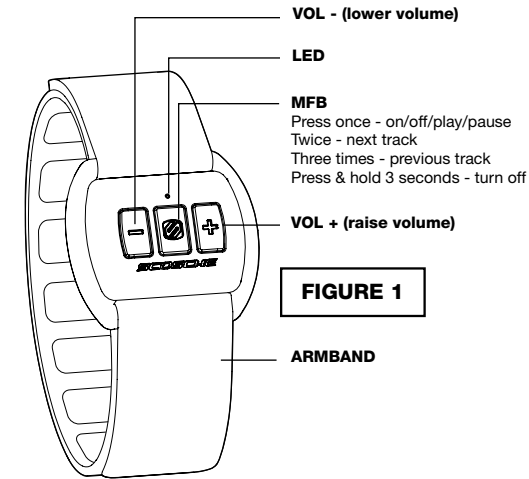


FIGURE 1

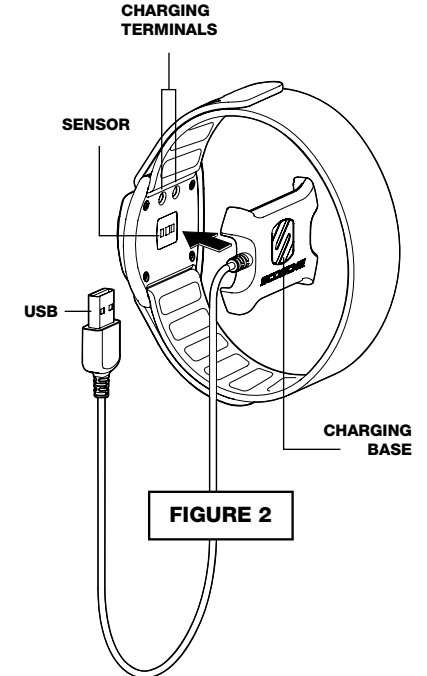


FIGURE 2

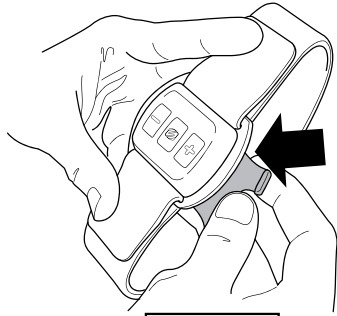
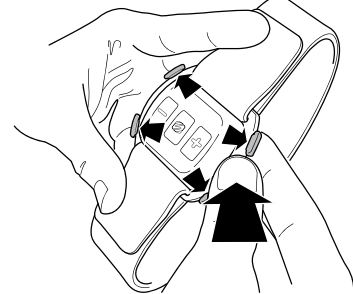


FIGURE 3



### CHARGING

Charge the SCOSCHE® RHYTHM for 2 hours or until a solid blue light indicates the unit is fully charged.

1. Attach the charging base to the SCOSCHE® RHYTHM unit (Figure 3).
2. Connect the USB to a wall charger or your computer.
3. A red flashing LED indicates that the unit is charging.
4. Remove the charging base as shown (Figure 4).

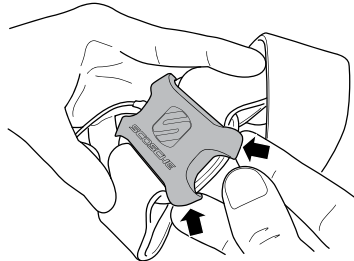


FIGURE 4

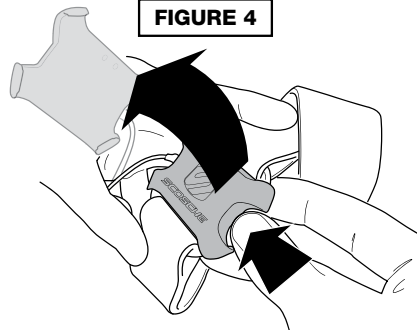
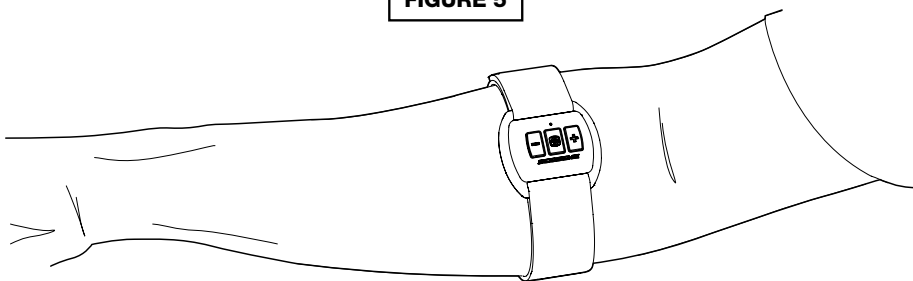


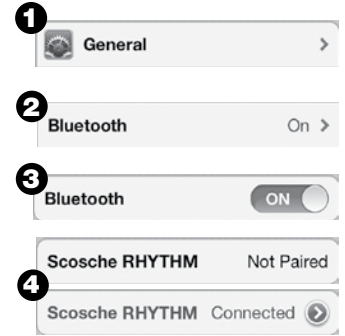
FIGURE 5



Wear armband on the upper portion of the forearm. Sensor should be on the inside or top of forearm. It should be worn snug enough not to move on your arm, but NOT so tight that it restricts arm circulation.

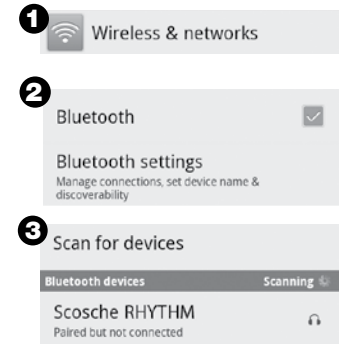
### INITIAL SETUP FOR APPLE iOS

1. Go to Settings > General > Bluetooth.
2. Turn on the SCOSCHE® RHYTHM
3. Once paired, you will be asked to download the SCOSCHE® RHYTHM App. If you are not prompted, open the App Store, and search for “Scosche RHYTHM”.



### INITIAL SETUP FOR ANDROID

1. Go to Settings > Wireless & networks > Bluetooth settings.
2. Turn on the SCOSCHE® RHYTHM
3. Go to Google play store and search for “Scosche RHYTHM”.



### CARE & MAINTENANCE

#### REMOVABLE ARMBANDS

Rinse with cold fresh water and hang to dry. Keep in a cool dry place away from sunlight, high heat, and moisture. Avoid detergents, chemicals, solvents, and abrasive materials.

#### MAIN UNIT

Use a soft cloth with mild hand soap and cool water. Keep in a cool dry place away from sunlight, high heat, extreme cold and moisture. Avoid detergents, chemicals, solvents, and abrasive materials.

### LIMITED WARRANTY

Scosche Industries Inc. warrants this product to be free from defects in material and workmanship for a period of 1 year from purchase. This Scosche product is sold with the understanding that the purchaser has independently determined the suitability of this product. This warranty is offered to the original purchaser of the product only. This warranty does not cover the product if physically damaged, subject to negligence or misuse, abuse, alteration, accident, or an act of GOD. This warranty does not apply to product which has water or physically damaged by accident or which has been misused, disassembled or altered.

The original dated sales slip or proof of purchase will establish warranty eligibility. If the product should prove defective within the warranty period, return the product with proof of purchase to Scosche Industries Inc. Scosche, at its option, will replace or repair the product free of charge and return the product postage paid.

In no event shall Scosche Industries, Inc. be responsible for claims beyond the replacement value of the defective product, or in any way be liable or responsible for consequential or incidental damages. No express warranties and no implied warranties, whether for fitness or any particular use or otherwise, except as set forth above (which is made expressly in lieu of all other warranties) shall apply to products sold by Scosche. Scosche Industries cannot be held responsible for discrepancies/inconsistencies that may occur due to automotive manufacturing changes or option.

iPhone and iPod touch are trademarks of Apple Inc., registered in the US and other countries. iPad is a registered trademark of Apple, Inc. “Made for iPod”, “Made for iPhone”, and “Made for iPad” mean that an electronic accessory has been designed to connect specifically to iPod, iPhone and iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.